

The Strawberry Vine



Alice E. Souza,
Executive Director

MAY 2016

Tel. 508-823-0095
<http://www.dighton-ma.gov>

Dighton Council on Aging, 300 Lincoln Avenue, North Dighton, MA. 02764
SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

MEMORIAL DAY PARADE



The 2016 Memorial Day Parade held jointly with the Town of Rehoboth will take place on Monday, May 30, 2016 at 10:00 a.m. The Parade begins at Georgio's Restaurant, 1881 County Street and finishes at the Dighton Veteran's Park adjacent to the Town Hall. Rain or Shine...



WHAT IS PRIME TIME?

“PRIME TIME” is an adult supportive respite facility located in the rear of the Town Hall, 1059 Somerset Avenue, Dighton, (Route 138). If you know of someone who cannot stay alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. “PRIME TIME” is open Monday through Friday from 8:00 a.m. to 3:00 p.m. “PRIME TIME” is a supervised program for elders where they can enjoy a full and productive life. Call Sheila at (508) 669-6272 or visit us at www.dighton-ma.gov for more information.

CAREGIVER SUPPORT PROGRAM

Bristol Elder Services has a *Caregiver Support Program* that provides information, support, and linkage to services, at no cost to *Caregivers* of any age who provide care to a person aged 60 or older. Please call **508-675-2101** for more information.

PRESENTATION

2016 ELDER LAW EDUCATION TAKING CONTROL OF YOUR FUTURE “A LEGAL CHECKUP”

The Dighton Council on Aging will host guest speaker, Elder Law Attorney, Bruce Hague on:

Wednesday, May 18th., at 1:00 pm
At the Dighton Council on Aging
300 Lincoln Ave., North Dighton
Please call 508-823-0095 to register

Some of the topics that will be discussed are:

- Power of Attorney and Health Care Proxies
- Reverse Mortgages
- Difference between Medicare and Medicaid Programs
- Estate Planning and Long-Term Health Insurance
- Protecting your home from a Medicaid Lien
- Strategies to protect life savings from high costs of Long-Term Care

Don't miss out on this important information.

Call 508-823-0095 to register

DID YOU KNOW?

The *Federal Trade Commission (FTC)* maintains a constantly updated website with *Scam Alerts* to update consumers about what's real and what's fake. Visit www.consumer.ftc.gov/scam-alerts, and stay a step ahead with the latest information and practical tips.



PRIME TIME HAPPENINGS

1059 Somerset Ave. Dighton, MA 02715



PRIME TIME DONATIONS NEEDED

1. Puzzles 100-300 pieces (large pieces).
2. Individually wrapped snack size; raisins, cookies and crackers for bingo prizes. Please drop off at Prime Time, 1059 Somerset Ave., Dighton, or at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton.

ENTERTAINMENT AT PRIME TIME

A performance of *"Mabel and Jerry"* - A comedy in one act, by Steve Henderson, will be held at Prime Time Adult Supportive Day Program, 1059 Somerset Ave., in Dighton, on Tuesday, May 10, 2016 at 12:30 p.m. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen. A terrific performance free and open to the public. Please call 508-669-6272 to let us know if you plan on attending. *This program is sponsored in part by a grant from the Dighton Cultural Council, a local agency of the Massachusetts Cultural Council, a State Agency.*



PODIATRY CLINIC

The Podiatrist will be at Prime Time, 1059 Somerset Ave., Dighton, on Friday, June 3rd., *This is by appointment only.* Please call 508-669-6272 for more information and to check availability. *There's limited space, so please call early.*

VISION CLINIC AT PRIME TIME

The next Vision Clinic will be held Tuesday, May 31, 2016 at 8:45 a.m., at Prime Time. Cornerstone Family Vision provides this free service of minor repairs and adjustments to eyeglasses. If you are a Dighton resident 60+ and need this service, please call (508) 669-6272 for more information.

NEW PROGRAM-COLOR HOUR

Add color to your day! Come Color! Escape into your imagination. Come feel creative while expressing yourself. It's soothing and calming. New Research shows how creativity in the form of the visual arts can improve physical health. We will supply the prints for coloring, however you must bring your own coloring materials. There is no wrong way to color, so you may bring *Colored Pencils, Gel Pens, Crayons, Highlighters or Markers.* The important part is the *Journey*, not how pricey your coloring tools are. See you on Thursday, May 12th., at 1:00 p.m.. Please let us know if you plan on attending by calling 508-823-0095. Walk ins are welcome.

THE SOJOURN BEARS GROUP

The Sojourn Bears Group will be meeting, on Monday, May 23, 2016 at 10:30 am. Bears made by caring volunteers, are distributed to Cancer Patients, Survivors and those effected by it, at nearby hospitals. For more information and to let us know if you would like to help, please call (508) 823-0095.

ARE YOU A FRANK SINATRA FAN?



Tune in to: Today's Easy 99.1 FM Strictly Sinatra Program
Sundays at 7 p.m. – 12 p.m.

"May you live to be 100, and may the last voice you hear be mine".

~Frank Sinatra~



WELLNESS AND BLOOD PRESSURE CLINIC

Our Wellness Clinic will be held on Tuesday, May 17, 2016, at 9:30 am, at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. The scheduled topic for this month, **"Normal Aging— How our Bodies Change"**. A Nurse will be available to answer questions and to check your blood

YOGA CLASSES

Did you know that Yoga can increase your overall vitality and agility? If you are overstressed, lacking energy, or haven't exercised for a while, **Yoga** class is for you. Classes are held for those 60+, on Tuesdays, from 11 am -12 pm, at the Dighton Council on Aging, in the Lincoln Village Community Center, 300 Lincoln Ave., N. Dighton. Please call 508-823-0095 for more information.



EXERCISE CLASSES

Classes are held for those age 60+ on Mondays and Wednesdays starting at 9:30 a.m., at the Dighton C.O.A., 300 Lincoln Ave. For more information please call 508-823-0095.

TAI CHI CLASSES

Tai Chi Classes are held on Fridays, from 9:00 a.m. to 10:00 a.m. Classes are held at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. For more information please call (508) 823-0095.

MEN'S SOCIAL GROUP

The Men's Social Group will be getting together on **Tuesday, May 10, 2016 at 10:00 a.m.** Come socialize and have a cup of coffee and **"Shoot the Breeze"**. The group gets together at the Dighton C.O.A at 300 Lincoln Ave. Hope to see you there?

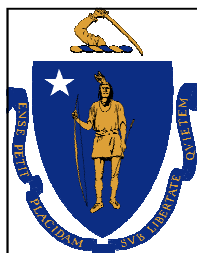


VETERANS CORNER

The Dighton Veterans Agents' Office is located in the Dighton Town Hall, 979 Somerset Ave, Dighton. Office hours are held Mondays and Tuesdays 7:30 a.m. - 4 p.m. and Wednesdays 7:30 a.m.—11:30 a.m. call 508-669-5027 for more information.

SENATOR MARK PACHECO

Senator Mark Pacheco, or a representative, will be at the Dighton Council on Aging on Tuesday, May 17th., from 1:00 p.m.—2:00 p.m. If you have any questions, needs or concerns that Senator Pacheco can help you with, please come to the Dighton Council on Aging, 300 Lincoln Avenue, N. Dighton, (Lincoln Village Community Center). If you would like to set up an appointment, please give us a call at 508-823-0095.



REMINISCING WITH MYRNA SANTOS

Myrna Santos, Town of Dighton Historian, would like to listen to your stories about the good old days. Join us **Friday, May 20th., starting at 10 a.m.** at the Dighton Council on Aging, located in the Lincoln Village Community Center, 300 Lincoln Ave., N. Dighton. Bring your old pictures, newspapers, scrapbooks, yearbooks, postcards, etc. Let us know you'll be coming by calling us at **508-823-0095**.

U.F.O'S/ARTS & CRAFTS GROUP

The Un-Finished-Object/Arts and Crafts Group will be getting together Tuesday, May 24th., at 10:00 am, in the Lincoln Village Community Center. Let's finish your projects, bring your quilting, beading, knitting or crocheting, and let's finish it together. Please call (508) 823-0095 for more information.



Bristol Elder Services, Inc., Nutrition Program

PRIME TIME - MAY 2016 - MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Rainbow Trout (40) Lemon Dill Sauce (111) Red Bliss Potatoes (4) Spring Vegetables (26) Wheat Bread (115) Mixed Fruit (10)	3 Salisbury Steak (200) Mushroom Gravy (148) Lyonnais Potatoes (112) Mixed Vegetables (22) Snowflake Roll (160) Tropical Fruit (10)	4 Vegetable Soup (166) Chicken Parmesan (679*) Tomato Sauce (55) Italian Penne Pasta (1) Green Beans (3) Whole Wheat Bread (160) Mandarin Oranges (6)	5 Mexicali Chicken (173) Mexican Rice (22) California Vegetables (27) Multigrain Roll (190) Strawberry Shortcake (176) MOD: LS Cake (176)	6 Roast Pork (71) Applesauce Gravy (111) Mashed Potatoes (62) D Tarragon Carrots (77) Oatmeal Roll (121) Fresh Apple (2)
Calories: 592 Fat: 28% Sodium: 460mg Carb: 70g	Calories: 649 Fat: 28% Sodium: 806mg Carb: 79g	Calories: 806 Fat: 27% Sodium: 1224mg Carb: 107g	Calories: 723 Fat: 22% Sodium: 742mg Carb: 102g	Calories: 727 Fat: 30% Sodium: 598mg Carb: 91g
9 Meatloaf (172) Rosemary Gravy (124) Scalloped Potatoes (185) D Winter Vegetables (15) Honey Wheat Bread (135) Peaches (5)	10 Macaroni and Cheese (403) D Spring Vegetables (26) Oatmeal Roll (121) Mixed Fruit (10)	11 German Beef Stew (225) Garlic Mashed Potatoes (62) D Multigrain Bread (190) Fresh Apple (2)	12 Cheeseburger (384) D Ketchup (82) Potato Wedges (27) Hot Beet Salad (173) Hamburger Roll (230) Tropical Fruit (10)	13 Honey Glazed Drumstick (290) Parsley Mashed Potatoes (63) D Peas & Carrots (40) Multigrain Bread (190) Apple Cake (209) MOD: Graham Wafer (85)
Calories: 726 Fat: 34% Sodium: 791mg Carb: 86g	Calories: 732 Fat: 33% Sodium: 714mg Carb: 91g	Calories: 787 Fat: 32% Sodium: 633mg Carb: 99g	Calories: 837 Fat: 38% Sodium: 1060mg Carb: 83g	Calories: 774 Fat: 29% Sodium: 946mg Carb: 104g
16 Tuna Salad (408) Potato Salad (62) Cold Chickpea Salad (340) Pita Bread (135) Mandarin Oranges (6)	17 Hot Dog (590*) Mustard (55) Baked Beans (36) Cabbage & Carrots (47) Hot Dog Roll (210) Cinnamon Apples (4)	18 Chicken Teriyaki (478) Asian Rice (92) Oriental Vegetables (27) Whole Wheat Bread (160) Pineapple (1)	19 Spanish Omelet (382) D Hash Browns (136) Country Vegetables (33) Fruit Snack Loaf (160) Fresh Orange (0)	20 Roast Turkey (90) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) D Winter Squash (13) Multigrain Roll (190) Brownie (132) MOD: Graham Wafer (85)
Calories: 576 Fat: 27% Sodium: 1105mg Carb: 71g	Calories: 713 Fat: 40% Sodium: 1096mg Carb: 78g	Calories: 566 Fat: 21% Sodium: 912mg Carb: 75g	Calories: 735 Fat: 33% Sodium: 866mg Carb: 97g	Calories: 922 Fat: 22% Sodium: 727mg Carb: 136g
23 Beef and Cabbage Casserole (300) Cauliflower Supreme (12) Snowflake Roll (160) Mixed Fruit (10)	24 Portuguese Salmon (167) O'Brien Potatoes (117) Peas (3) Fruit Snack Loaf (160) Mandarin Oranges (6)	25 Greek Chicken (438) Rice Pilaf (134) Spring Vegetables (26) Honey Wheat Bread (135) Peaches (5)	26 Swedish Meatballs (321) D Egg Noodles (1) Broccoli (12) Whole Wheat Roll (160) Birthday Cake (209) MOD: LS Cake (209)	27 Italian Braised Beef (78) Rice Florentine (112) Roman Vegetables (26) Whole Wheat Bread (160) Banana (1)
Calories: 546 Fat: 25% Sodium: 636mg Carb: 71g	Calories: 738 Fat: 27% Sodium: 608mg Carb: 94g	Calories: 602 Fat: 25% Sodium: 892mg Carb: 75g	Calories: 768 Fat: 29% Sodium: 857mg Carb: 102g	Calories: 655 Fat: 32% Sodium: 531mg Carb: 79g
30 No Meals Served 	31 Chicken A La King (183) Red Bliss Potatoes (4) Glazed Carrots (83) Oatmeal Bread (121) Tropical Fruit (10)	<p style="text-align: center;">Soup on 5/4 will be served to home delivered and congregate sites. Menu is subject to change without notice.</p> <p style="text-align: center;">D = Dairy</p>	<p>* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parenthesis next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed</p>	Milk: 100 Calories 107mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine & soup.
Calories: 625 Fat: 25% Sodium: 555mg Carb: 77g				

Dighton COA Lunch Program at Prime Time for those sixty years of age and over.

To reserve or cancel lunch at Prime Time - call 508-669-6272 the day before, by 10:30 a.m.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Without your voluntary \$2.00 per meal donation, many people would go hungry. Please give.

For Meals on Wheels reservations / cancellations call
your local Nutrition Office at 508-324-4619 before 10:30 a.m.

* Menu items may be obtained from different sources month to month, affecting their sodium content.





OLDER AMERICANS ARE BLAZING A TRAIL CELEBRATE OLDER AMERICANS MONTH IN MAY

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

We thought you'd find these stats about Older Americans Month of interest:

- When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U.S. pop. In the next 25 years 1 in 5 Americans will be an older adult.
- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.
- Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.
- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

While Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOEA, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing your own trail! "

SMALL HOME REPAIRS

We have a volunteer who can do small repairs. To qualify, must be a Dighton Resident, 60+ and of low income. For more information please call the Dighton Council On Aging at (508) 823-0095.



MEDICAL LOAN CLOSET

Temporary loans of medical equipment are available, such as wheel chairs, canes, and walkers. If you or someone you know is in need, please call 508-823-0095.

TOWN OF DIGHTON COMMUNITY FOOD BANK



Dighton Town Hall, (Lower Level)
979 Somerset Ave. Dighton

The next food bank will be held on:

Saturday, May 21, 2016

8:30 a.m.—10:00 a.m.

First time attending: Must show ID and Utility bill with address and, **Show Proof of need:** Tax Returns, Disability Statement.



LIBRARY REPRESENTATIVE VISITS LINCOLN VILLAGE

A Representative from the Dighton Public Library will be at the Lincoln Village Community Center on Tuesday, May 10th., and Tuesday, May 24th., from 1:00 pm - 3:00 pm. This program is for Dighton residents. You may check out and return books, videos, D.V.D's and more. To ask for a specific book title, video, etc., please call (508) - 669 - 6421, they will bring it to you at Lincoln Village. **Delivery to Home Bound Elders is available.**



GATRA TRANSPORTATION

Makes Everyday Life a Little Easier

GATRA also provides **Dial-A-Ride**, a curb-to-curb transportation for persons 60 years or older. To find out which services are available call: **1-800-483-2500** or visit the website **www.gatra.org**

**Need Transportation
to medical appointments?
Please visit:**

<http://massridematch.org>

Ride Match, is an internet website with a regional directory of transportation options (private, public, and non-profit) for seniors, people with disabilities or anyone needing to travel in Southeastern Massachusetts and beyond.



DIGHTON HOUSING AUTHORITY

Applications are being accepted for one bedroom apartments at Lincoln Village, low income housing for the Elderly/Disabled. Dighton residents having preference. The age requirement is 60+. Those with a permanent disability or handicap also qualify. Limits of income are \$44,950 for an individual and \$51,350 for a couple. Rent is based on 30% of gross income and includes all utilities. Please contact the Dighton Housing Authority at 508-823-8361, 300 Lincoln Avenue, North Dighton, MA 02764. The office is open from 8:00 a.m. till 2:00 p.m., Tuesday, Wednesday, and Thursday. For more information and an application please visit the Dighton Housing Authority website:

<http://dightonhousingauthority.org>

MAY 2016 CALENDAR EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Whist Party	3) Walking Club- At the Town Hall 11:00 Yoga Classes	4) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games 	5) ● New Moon Walking Club- At the Town Hall  7 p.m. COA Board Meeting @ Prime Time	6) Walking Club- At the Town Hall 9:00 Tai Chi
9) Walking Club- At the Town Hall 9:30 Exercise Class	10) Walking Club- At the Town Hall 10:00 Men's Group 11:00 Yoga Classes 12:30 Entertainment at Prime Time 1:00-3:00 Library Rep. @ Lincoln Village	11) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games 	12) Walking Club- At the Town Hall 1:00 Color Hour	13) Walking Club- At the Town Hall 9:00 Tai Chi
16) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Whist Party	17) Walking Club- At the Town Hall 9:30 Wellness Clinic 11:00 Yoga Classes 1:00-2:00 Senator Pacheco Rep. at Lincoln Village	18) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Presentation- Elder Law Education @ Lincoln Village	19) Walking Club- At the Town Hall 1:00 Card Games	20) Walking Club- At the Town Hall 9:00 Tai Chi 10:00 Reminiscing With Myrna
23) Walking Club- At the Town Hall 9:30 Exercise Class 10:30 Sojourn Bears	24) Walking Club- At the Town Hall 10:00 U.F.O's 11:00 Yoga Classes 1:00-3:00 Library Rep. @ Lincoln Village	25) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games 	26) Walking Club- At the Town Hall 1:00 Card Games	27) Walking Club- At the Town Hall 9:00 Tai Chi
30) Walking Club- At the Town Hall  Memorial DAY Dighton COA & Prime Time Closed	31) Walking Club- At the Town Hall 11:00 Yoga Classes 8:45 Vision Clinic @ P.T.	T.H.= Town Hall L.V.=Lincoln Village P.T.=Prime Time Need Transportation? Call Dial-A-Ride (508) 823-8828	Delicious, nutritious meals served at Prime Time! Please call 24 hours in advance to reserve.	5/1 May Day 5/5 Cinco de Mayo 5/5 New Moon 5/8 Mother's Day 5/21 Armed Forces Day 5/21 Full Moon 5/30 Memorial Day

Dighton Council On Aging
300 Lincoln Avenue
North Dighton, MA 02764

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Taunton, MA 02780

THE STRAWBERRY VINE NEWSLETTER MAY 2016

Informational Services available through
Council on Aging office:

Wellness Clinic
Podiatrist Clinic
Vision Clinic
Card Games
Arts & Crafts Group
Sojourn Bear Group
Entertainment at Prime Time
Exercise Program
Tai Chi
Yoga Program
Men's Social Group
Food Stamps
Project Bread's Food Source Hotline
Prescription Advantage Insurance Program
Nutrition Program
File of Life Program
RUOK Program
SHINE Program
Legal Assistance
Meals on Wheels and much more.

If you have any questions at all concerning
elder affairs please do not hesitate to call us
at 508-823-0095. We are here to help!

Dighton Council on Aging:

Executive Director:

Alice E. Souza

Board Members:

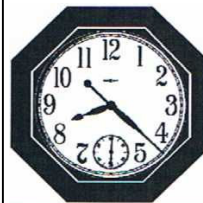
Thomas Ferry

James Hoye

Gloria Johnson

Jeffrey Allie

James DeArruda



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